



Increase your energy and mood 101 (How to live with high energy)

Workshop Outline

Workshop Objectives:

- By the end of this workshop you will leave with a higher understanding of what effects your mental, emotional and spiritual energy and how to elevate it for a happier and more productive life.
- By the end of this workshop you will have learned tips/ techniques and routine examples to increase your daily energy and mood.

Audience

- 3 - 25 Participants
- Beginner to intermediate

Workshop Housekeeping

- Come with an open mind
- Be alert
- Engage in all activities
- No cell phone use during class (Unless instructed otherwise)

Total Time

- 1.5 - 2 hrs.

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1. Self intro.
 2. Workshop Intro.
 3. Warm up energy elevation exercise
 4. Participant intention exercise (**Individual writing exercise/ what do you want to achieve**)
 5. Why would you want to live with high energy? (**Interactive exercise**)
 6. What is energy?
 7. What types of energy pertain the human body?
 8. Everything is/ has/ holds energy.
 9. What inhibits you from getting everything you want done in life? (**Q&A interactive exercise**)
 10. What are good sources of energy?
 11. What are bad sources of energy?
 12. Emotions carry energy.
 13. Emotion/ energy chart (**Chart presentation**)
 14. Environments hold energy/ how to optimize your environment to increase your energy.
 15. How to retain your energy?
 16. How to stay in emotional control to increase and maintain your energy? (Avoiding the emotional rollercoaster.)
 17. How to use detachment to increase your energy?
 18. The perfect morning routine for a full day of high and positive energy.
 19. Daily tips to keep your energy and mood high.



Living Like Queens
Unleash Your Inner Queen!

20. Recap of workshops key takeaways.
21. Closing exercise of 5 activities participants will do to increase their overall energy in the next month. **(Individual writing exercise)**
22. Closing Q & A